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2023-2024 Intro to Traveling



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Goal/Mission

- Prepare parents that are transitioning from Mites to Traveling or new to Traveling/association
- Open forum to be able to ask questions
- This meeting is not replacing travel meeting that happens in the Fall(Date TBD). Allows extra time for parents to be prepared.
- Goal is to Inform Parents so you can have a blast this season. Traveling establishes life long memories for you and your family!!



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Information to be covered

- PLSHA Board
- Registration-Important Dates
- Pre-skates
- Tryouts
- Team Commitment
- Jerseys/Equipment Color
- Holidays-Attendance policy
- Team Parent Duties
- Ice Bills
- DIBs
- Coaching
- Q&A



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PLSHA Board

- President/Youth Program Development: [Todd Lervick](#)
- Vice President/D6 Rep: [Sarah Thoeny](#)
- Vice President of Administration: [Nicole Jacques](#)
- Treasurer: [Kelly Hoffarth](#)
- Finance Director: [Jim Audas](#)
- PLSHA Tournaments: [Katie Hadenfeldt](#)
- Event Directors/Recruiting: [Rachel Legler](#)
- Youth Development Director: [Matt Crist](#)
- Coach Development Director: [Paul Sterling](#)
- Girls Program Director: [Shawn Koehnen](#)
- Equipment/Pictures Director: [Kiernan Smith](#)



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Key Dates

- August 1: Registration Opens
- DATE TBD: Season Kick Off at Horse/Hunt-Food
- August 31: Registration for Traveling closes
- September: Coach Sponsored Pre-Skates
- Date TBD: Traveling Meeting
- Late September/Early October: Squirts/10U Tryouts begin
- Early-Mid October: Squirts/10U start practicing(happens 1-2 days after try-outs conclude)
- Oct 19-23: MEA weekend, optional practices
- Nov 24-26: Squirt Wishbone Tournament-B1 and B2 Prior Lake Teams
- Dec 24-27: Extended Christmas break, optional practices (to be confirmed)
- 1st weekend in March(est): Squirt/10U D6 playoffs



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Coach Pre-Skates

- Occurs in September. Opportunity for players to prepare for Try-outs
- Optional
- Led by A Level Coach
- Additional cost
- Limited to 50 skaters per group
- Ice Only-2 groups
- Form/info on website under Registration



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Try-outs

- \$600 Volunteer Deposit Check per player (post dated 4/1/2024) **OR** \$500 Volunteer Buyout Check (current date)-*Please note that this was last years' amount and it is under review for potential adjustment. Will be communicated to all of association before tryouts.*
- Navy helmets are required for tryouts.
- Only Laker colors accepted (navy/gold jersey and socks). Will be provided if needed.
- No summer team jerseys or helmet stickers allowed.
- Mouthguard & Neck Guard for each session. If either is missing the skater will be asked to leave the ice.
- Water bottle - you must have your own.
- **NO PARENTS ALLOWED AT TRYOUTS**
- **YOUR PLAYER SHOULD NOT ARRIVE MORE THAN 30 MINS BEFORE TRYOUT TIME**



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Try-outs Cont.

- First night groups are done alphabetically for try out time
- GROUPS CHANGE with each session - check groupings PRIOR TO EVERY SESSION for time listed with player pinnie number.
- Don't be surprised if you get a call during tryouts for your player to stay for next session-the try out liaison will give you a call
- Team formation will be determined based on registration numbers and tryout results. Primary consideration will be given to what leads to the best development of players over the long term



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HDC / Board Tryout Principles

- **Be thorough:** Have multiple sessions and evaluators; Use previous coach input where needed
- **Be consistent:** Board Liaisons utilized to monitor integrity of process
- **Be as transparent as possible:** Evaluation criteria posted
- **No Distractions:** Tryouts are closed to parents – Please respect this!
- **Skill Drills vs. Scrimmages:** skills are what is evaluated, from the time the athlete hits the ice until they step off. Goals and winning does not matter.
- **Positions and fairness of shifts:** Squirt Liaison and additional volunteer positions on the bench to ensure more fairness and equal distribution of positions.
- **No outside or AAA jerseys:** all players must wear navy helmets + jerseys + socks. PLSHA will provide as needed.
- **“C” team placement:** Allow a family to skip tryouts if desire



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Planned Traveling Team Formation

Anticipated Traveling Teams

- Squirt = 7
 - A, B1, B1, B2, B2, C, C
- 10U = 3
 - A, B1, B2



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Team Commitment

- Once teams are formed, practices will start right after
- Expect to have hockey 4 -6 times a week. This includes practices, dryland, games, tournaments, etc.
- Transition: This is a huge transition time for your player. Remember they are learning full ice games with penalties, off-sides, refs, etc. This will take time!
- Squirts/10U typically have 4 tournaments a year-you will know these right away once on a team so that will help with planning. 1 will be an out of town/hotel stay.
- Depends on coach but most will want your player at practice 30-45 mins before and 45-60 mins before games. Coaches will set expectation with team
- Squirts/10U: 35 game maximum is applicable to district games(scrimmages with refs), tournaments
- D6 rules



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Jerseys/Equipment

- Players will have last name on both away(Dark) and home(Light) jerseys
- Reversible socks will be provided to match jerseys
- **Players must have all navy gear: gloves, helmet, breezers**
- Players will have a practice jersey-coaches control this and can change up colors-(coaches call)
- **Mouthguard and neckguard required**



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Player Attendance Policy

- Players are required to attend ALL games and practices.
- There **will be** tournaments **Thanksgiving Weekend**.
- **Acceptable absences include religion, illness, and family emergencies.** The need to finish school work is not acceptable; players must balance their schedules and learn how to become student-athletes. It will be required if they wish to play high school hockey and beyond.
- MEA weekend & Christmas will be OPTIONAL practices only for all PLSHA teams for season. Other holidays and vacations will not be excused from your obligation to your team.
- The following are the **consequences of missing a practice or game**; the same policy will be standard on ALL teams.
 - Players missing practice due to an unexcused absence will be required to sit one (1) period in the next game.
 - Players missing a game due to an unexcused absence will be required to sit the entire next game.



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Team Duties

- It takes a lot to run a traveling team. There will be a manager, treasurer, scrimmage coordinator, volunteer coordinator, streaming role, etc.
- Teams will need a penalty box volunteer, Game Sheet volunteer and Clock volunteer for all HOME games. 1 Penalty box volunteer for away games. Away Tournaments do not require volunteers.
- Locker Room duty is assigned on a weekly basis. For Squirts, dads can only cover and for 10U only moms. Safesport must be completed(next slide).
- Team manager will assign the duties on a rotation, person assigned in charge of finding sub if they can't perform.
- This is just to contribute to your team not the association. Therefore these DO NOT count towards your DIBs.

What is SafeSport?

The **SafeSport Handbook** includes **policies that apply to all USA Hockey Member Programs.**

Those Policies address:

- Sexual Abuse
- Physical Abuse
- Emotional Abuse
- Bullying, Threats and Harassment
- Hazing

The Policies also address areas where misconduct can occur and are intended to reduce the risk of potential abuse, including:

- Locker Room Policy
- Electronic Communications Policy
- Travel Policy
- Billeting Policy



Background screening and Safesport training are required for Locker Room Duty per USAH Policy. Start the process early on PLSHA-Home-Volunteers-Safesport



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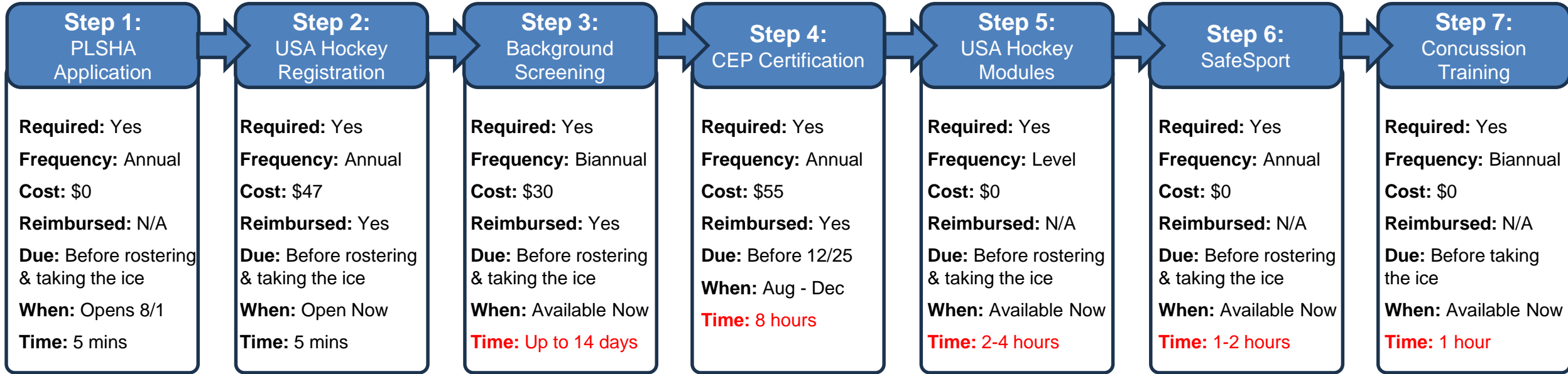
Ice Bills

- This will be new from Mites.
- Each team will have a treasurer that will receive an ice bill for your team's hours that month.
- The ice bill is normally sent out middle of the month.
- Example of \$3000 for your team's practices/games, D6 fees, tournaments, etc.
 - 15 players on the team so each player owes \$200 to treasurer by end of month or date they indicate.
- This will fluctuate but typically bills run \$200-500 a month, depends upon ice usage, tournaments, D6 fees, etc.
- Slush Fund: Team normally decides on amount typically \$100-150 for traveling and will cover some meals, tournament fun, refs for scrimmages, etc.

DIBS

- The amount of D6/PLSHA hours for the season for traveling players (Squirrels/10U through Bantam/15U) is eight (8) hours.
- Families with more than 1 player have a maximum requirement of 15 hours.
- *Please note that this was last years' amount and it is under review for potential adjustment. Will be communicated to all of association before tryouts.*
- Your team hours do not count towards your DIBS. You can do a buy out as indicated when you register.

Want to Coach?



- All costs are reimbursable, even if you are not selected to coach
- Coach selection is done by the HDC in coordination with the AA/A head coach
- It is PLSHA's policy to have a max of 4 coaches (+1 optional goalie coach) per team
- Only cleared and rostered coaches are allowed on the ice/bench with the team
- Start requirements early e.g. August
- Find and signup for a CEP class early...you can take any live or virtual class for you need level offered anywhere in the country
- All details, steps, links and resources can be found on the PLSHA Coaches page



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QUESTIONS??